

## Strengthen Your Physiology Through Attitude of Gratitude

## Stuck in Space: The Perilous Plight of NASA Astronauts Sunita Williams and Barry E. Wilmore

**Conclusion:** Months in space have transformed Sunita Williams and Barry E. Wilmore's mission into a fight for survival, against both the elements of space and the limitations of human technology. As their journey continues, it serves as a sobering reminder of the unpredictability of space missions and the unparalleled courage required to face them. Their story is not just about space exploration but about humanity's unyielding quest to push the boundaries of what is possible, even in the face of overwhelming odds. The challenges they endure reflect the profound risks of space travel, and their resilience serves as an inspiration to us all, as we continue to look toward the stars.

5. **Gratitude facilitates social well-being:** Gratitude enhances empathy and reduces aggression leading to better control over emotions. Grateful people have better relationships because expression of thankfulness and apprecia-

**Connect with Nature:** Spend some time outdoors daily (be it 5 to 10 minutes). Appreciate the wonder and beauty of nature (sights, sounds, birds and animals around).

(The Writer is Assistant Professor in the Department of Physiology AIIMS Vijaypur Jammu).

# J&K Assembly Elections

## Coalition Government on the Horizon in Jammu & Kashmir: Challenges and Opportunities Ahead

(The author is a resident of Dadasara  
Tral)

# Pahari voter, a game changer in JK Assembly Elections 2024

In short, Paharis are thankful to BJP for raising their standard of living.